

Ouch! Such Pain! It Takes You Right In the Back!

SOMETIMES IN THE ARM, HIP
OR FOOT



It's all due to an over-abundance of that poison called uric acid. The kidneys are not able to get rid of it. Such conditions you can readily overcome, and prolong life by taking the advice of Dr. Pierce's "Keep the Kidneys in Good Order." "Avoid too much meat, alcohol or tea. Drink plenty of pure water, preferably hot water, before meals, and drive the uric acid out of the system by taking Anuric." This can be obtained at almost any drug store, in tablet form, and will dissolve uric acid as hot coffee dissolves sugar.

You know that before an insurance company will take a risk on your life the examining physician will test your water and report whether you are a good risk. You should send a bottle of water to the chemist at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y., and you will receive free medical advice as to whether the kidneys are affected. When your kidneys get sluggish and clog, you suffer from backache, sick headache, dizzy spells, or twinges and pains of lumbago, rheumatism and gout, or sleep is disturbed two or three times a night. Get Dr. Pierce's Anuric (Anturic-acid), for it will put new life into your kidneys and entire system. You will feel full of vim, vigor and vitality, instead of tired, dragged-out and blue.



Playing Safe.

Mr. Hardacre—No, dear! I don't kiss you here, it's too risky.

Miss Mitchelson—But you kissed me on this very spot last night under the electric light.

Mr. Hardacre—True, but this is daylight and some one might get a wrong shot of me with a poisoned camera.

Appropriate Treatment.

Readers—Here is a rather handsome account of an old-time battle.

Chorus—Ah, but it isn't!

At the expense of the publisher.

Why That Backache?

Who has ever been with a bad back? You can't be happy if every day brings aches and pains, aching joints and a dull, heavy ache. Lumbago, the cause is weak kidneys. You may have headaches and dizzy spells, too, with a weak, tired feeling. Don't delay. Try Doan's Kidney Pills. They have done wonders in thousands of such cases. Ask your druggist!

A Missouri Case

Wm. Jackson Blackwood, of Boone, Mo., writes: "I could not get on my feet and kidneys were weak. I had a dull, heavy ache in my back and aching joints. I used Doan's Kidney Pills and three boxes cured me of the backache."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Good for Kids



Just Right BRAND CORN SYRUP

How they like it on bread! And it's good for the whole family, too. The flavor simply can't be equalled. Get a can today.

THE AMOS-JAMES GROCER CO.
ST. LOUIS



Just Right BRAND FOOD PRODUCTS

Comfort Baby's Skin With Cuticura Soap And Fragrant Talcum

Soap 25c, Ointment 25c and 50c, Talcum 25c.

RECKLES

LABOR SHORTAGE NOW BEING FELT

Keep Rainy-Day and Wet-Land
Jobs Out of Way of Rush
Work in the Fields.

ONE OF IMPORTANT FACTORS

Farm Laborers and Tenants Are
Caught by Lure of High Wages
and Are Leaving Farms for
Cities—Some Simple Rules.

(Prepared by the United States Department of Agriculture.)

Do nothing today which can be put off until tomorrow.

That is an apparent perversion of the ancient and excellent proverb, and most people may be inclined to look upon it as piousness—but, properly interpreted, it is a sound principle in farm management and one that a great many farmers will particularly need to apply in the face of the shortage of labor with which this year's crops must be made. It applies to tasks that interfere with work in the fields at times when field work can be done. It does not mean procrastination. It means getting the indirectly productive work done in advance, if possible, but if it can't be done in advance put it off till the rush work in the fields is out of the way. It is one of the important factors, say farm management specialists of the United States department of agriculture, in full utilization of farm labor.

Great Need This Year.

And full utilization is likely to be more important this year than it has ever been before. Reports coming to the department of agriculture from all sections of the country are to the effect that farm laborers and tenants are caught by the lure of high wages and are leaving the farms for the cities. A great many farmers, apparently, will be forced to carry on their operations this year with less help than they have ever had before. In fact, such labor as is left on the farm is utilized in the best possible advantage, there is danger of a serious curtailment of production.

Farm management specialists say, however, that a great deal can be accomplished toward helping production by getting the best out of the labor available. They lay down a few simple rules that they believe will help toward attaining this result.

The best farmer they say is the one who gets the most work out of the man and keeps the tenant working whenever the land is in condition for field work. The amount of produce that a farmer can grow depends on getting the field ready when the weather will permit it. Nothing except necessary work like feeding and milking should be permitted to take

men from the fields, and it should be planned where possible to get these things done and still keep the horses working ten hours a day.

Plan to wet-land work, they say, when there is work in the fields that can be done. By wet-land work is meant such things as cutting weeds and brush in the fence rows, repairing the fences, repairing buildings and a great many other necessary things—but things that can be done just as well when the ground is too wet to plow.

Rainy Day Work.

Leave no rainy-day work, another rule says, to be done when it is not raining, for profits are limited by the amount of outdoor work that gets done. Rainy-day work is necessary work and if it is not done on rainy days it will have to be done later on fair days and will interfere with field work. It includes things that can be done under shelter, such as shelling seed corn, mending the harness, and repairing tools.

Get down in a note book, the specialists advise, the things that will need attention the next rainy day. This will enable you to plan your work quickly when you get up some morning and find the rain pouring down. Do first the jobs that are in danger of getting in the way of the next dry weather work.

Put in long days in rush seasons with the assurance that you can ease down on rainy days or when the rush is over. And then comes that first rule: "Do nothing today which can be put off till tomorrow." There are a great many things that cannot be put off till tomorrow. If sowing oats is delayed until the warm, dry days of late spring, there will be a light harvest. If the corn is not cut and shocked in one week after it is cut enough to cut the fields will be muddy and the crops poor. If dairy cows are neglected, there will soon be a loss of milk. This class of tasks, therefore, demands immediate attention. Put off the other things to more be less serious tomorrow when the rush work is out of the way.

Back to Old Proverb.

Then, when the rush work is over, get back to the proverb in its original form: "Put off nothing until tomorrow which can be done today." This applies to work that has been done any time within a week or so, but the time comes when it cannot be put off any longer and it may start the rush work. Seed corn, for example, may be tested and shelled and time after it is thoroughly dried, but if the work is neglected until the fields are ready for planting, they that most profitable work in the cornfield may be delayed. That is a fair illustration of "put off till tomorrow" work.

It takes more planning, they think, and more foresight of the farmer to do his work in a season when there is no rush work than it does to concentrate on rush work. Work by using a head on the farmer handles the best part of the work in advance and he can then apply the rule methodically and satisfactorily to the rest of the season in spite of shortage of labor.



If the indoor tasks are not done on indoor days, they will have to be done on outdoor days—but the outdoor tasks can't be done on indoor days.

FARMER IS ENTERING FIELD OF MARKETING

Opportunity Offered to State and
Federal Agencies.

Practice of Purchasing Supplies at Retail and Selling Products on Wholesale Basis Is Gradually Being Reversed.

Farmers' organizations, as well as the so-called regular dealers, need market information, and here state and federal agencies have a wide field for service because the farmer is actively entering the field of marketing. There are in this country today more than 15,000 farmers' business organizations, with a membership of approximately 2,000,000, according to the bureau of markets, United States department of agriculture. Almost all of these organizations are at local markets, but their extension in greater numbers to the terminal and distributing centers is only a matter of time. The farmer has been accus-

tomized to purchase supplies at retail and market his products on a wholesale basis. Organization will enable him to purchase supplies at wholesale and retain for himself some of the commissions of the middleman. More direct marketing also is expected to reduce prices paid by consumers.

GENERAL FARM NOTES

Groom the cow twice daily, before milking.

The sky is a poor roof under which to store farm machinery.

Remove the manure from barn twice daily where animals are kept up all day.

Keep the long hairs on the older clipped back so they will not carry dirt so easily.

Success lies not in the number of cows that a man keeps, but rather the kind of cows he keeps.

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a Glass of Salts if Your Back
Hurts or Bladder
Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach aches, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then be fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

MUSIC OF ANCIENT GREECE

Bands That Marched to War With the
Soldiers Played on Flutes,
Pipes and Harps.

Poetry in ancient Greece was accompanied by the cithara and the lyre, while the flute was played by both men and women in furnishing martial music to the soldiers in time of war. Musical bands marched to war with the soldiers and played on flutes, pipes and harps.

The lyre and the harp were preferred by the Greeks for private use, for it was thought they did not prevent one from remaining master of himself, while the flute, pipe or clarinet put the man beside himself and obscured reason. There were extensive choirs whose music was distinctly connected with the religious life of the people. These choirs were composed of both men and women and were employed for public and private religious festivals.

The choirs celebrated victories in war, deaths, holy days, births and marriages. Alkman, who lived as early as 650 B. C., wrote a choir song for girls which was a dramatic part song.

Ribbon by the Mile.

Ribbon is being sold by the mile instead of the yard at one of the Y. W. C. A. branches in New York city this month. This is a new method of selling small gifts among the association members for the national budget which is being raised by campaigns throughout the country this spring. At this association center green ribbon sells for so much a mile and that portion of the mile bought is supposed to be worn by the buyer, so that one's generosity is measured by the amount of festooning she can accomplish with her purchase. This decorative contest is carried on among members of the association clubs and their friends.

When Birds Return.

When birds begin to come back in early spring they may be attracted to trees near the home by placing near the trees a stuffed dove, with some suit.

And you always get full measure when you go after a peck of trouble.

A fast young man is seldom able to keep up with his mounting expenses.

WRIGLEYS

The children love
Wrigley's—and it's
good for them.

Made under conditions of
absolute cleanliness and
brought to them in Wrigley's
sealed sanitary package.

Satisfies the craving for
sweets, aids digestion, sweet-
ens breath, allays thirst and
helps keep teeth clean.

Costs little, benefits much.



TEACHER SHORT OF SUPPLIES NOTHING TO DO BUT WORK!

Tommy's Excuse Rather a Poor One,
But He Was in a Mighty
Tight Corner.

The village schoolmaster had done very well with his war saving association. The scholars brought in their pennies regularly every week; some even had as much as a shilling to subscribe.

One Monday morning Mrs. Oster gave her son Tommy the sum of three pence to pay in. On his return for dinner the good lady asked to see his card.

"Look here, Tommy," she said sternly. "There's only twopence entered here! How is that?"

Tommy grew pale as he saw that his son had found him out. But the father in the village shop had been so tempting. However, he did his best.

"Yes, mother," he stammered, "that's all the ink the teacher had!"—London Answers.

Natural Affinity.

"Do they still use the time-honored shell game?" "Yes, they find it attracts the nuts."

Better be a fool and part with your money than be a miser and have your soul buried under it.

When One Thinks of It, It Is Rather a Foolish Way to Spend One's Lifetime.

The most common complaint we hear from everybody we know is that they can't keep up with all there is to be done. We make the same complaint. Like you all, we undertake to do seventeen thousand things more than the hours of the day will permit us to do.

It is an awful mistake. To be driven like a galley slave is the rule we have made for our lives. And oh, to quit it all, or to quit all but the things we would like to do and are worth while!

To never catch up, to never know what it is not to be tired—it is a foolish way to spend a lifetime. This one and only little lifetime that is ours.

And what are we to do about it? Cut loose and run away, we guess it is the only thing to do.—Los Angeles Times.

Its Condition.

"Why do they always to a baseball as a sphere?" "I suppose because it is the whirled."

A woman is always telling a man a lot of disagreeable things—for his own good.

25 Cents
will buy

a big package of

POSTUM CEREAL

weighing over a pound, net.

What are you paying for
coffee?